



What I Bring to the Table

Intro: Today, we embark on a journey of discovery and celebration of our individual strengths and unique contributions. Each of you brings something valuable and distinctive to this group, whether it's your empathy, creativity, resilience, or any other positive quality. Together, we will explore how these qualities create a supportive and empowering environment for everyone. *Review the list below and share your personal best positive qualities that are strengths for you that you feel that you can consistently bring to the group. Discuss each quality and if it applies, also share if you think someone else in the group truly exemplifies each quality.*

- ☐ **Good Listener:** Someone who actively listens without interrupting and shows empathy.
- ☐ **Cheerful Outlook:** Maintains optimism and encourages positivity within the group.
- ☐ **Caring and Compassionate:** Shows genuine concern and support for others.
- ☐ **Humor:** Uses humor appropriately to lighten the mood and create a comfortable atmosphere.
- ☐ **Respect:** Sets an example of respectful speech, behavior, and attitude at all times.
- ☐ **Calm During Crisis:** Able to stay composed and offer stability in challenging situations.
- ☐ **Open-mindedness:** Willing to consider different perspectives and ideas.
- ☐ **Empathy:** Understands and shares the feelings of others.
- ☐ **Reliability:** Consistently shows up and contributes and others can count on you.
- ☐ **Critical Thinking Skills:** Offers constructive solutions and approaches to challenges.
- ☐ **Encouraging:** Provides motivation and support to group members.
- ☐ **Nonjudgmental:** Accepts others without criticism or prejudice.
- ☐ **Organized:** Helps keep discussions and activities focused and on track.
- ☐ **Resilience:** Demonstrates the ability to bounce back from setbacks.
- ☐ **Creativity:** Offers innovative ideas and perspectives.
- ☐ **Trustworthy:** Maintains confidentiality and builds trust within the group.
- ☐ **Assertiveness:** Speaks up respectfully and advocates for themselves and others when needed.
- ☐ **Flexibility:** Adapts to changing group dynamics and circumstances.
- ☐ **Team Player:** Collaborates effectively with others towards common goals.
- ☐ **Self-awareness:** Reflects on their own thoughts, feelings, and behaviors.
- ☐ **Patience:** Demonstrates tolerance and understanding, especially during challenging discussions.
- ☐ **Optimism:** Encourages hope and positive expectations for the future.
- ☐ **Adaptability:** Adjusts to new situations and changes in the group environment.
- ☐ **Generosity:** Shares resources, time, and support with others in the group.
- ☐ **Honesty:** Communicates openly and truthfully, fostering authenticity within the group.
- ☐ **Self-discipline:** Maintains focus and follows through on commitments made within the group.
- ☐ **Respectful Feedback:** Offers constructive feedback in a supportive and respectful manner.
- ☐ **Knowledgeable:** Shares relevant information and insights and experiences.
- ☐ **Initiative:** Takes proactive steps to contribute to group discussions and activities.
- ☐ **Gratitude:** Acknowledges and expresses appreciation for others and their contributions.



Working On It – Next review the following list of “not so great” qualities. Honestly share which qualities apply to you as areas you may need to work on. When someone shares, follow up with discussion on how the counselor and the rest of the group can help minimize or manage this quality and related behaviors. (Due to the sensitive nature of some of these, group members should not identify others in the group with these qualities just self for this section)

- Easily Bored:** Struggles to stay engaged or interested in discussions or activities.
- Distractable:** Finds it challenging to maintain focus during group sessions.
- Side Talker:** Tends to engage in conversations with others outside of the main group discussion.
- Sometimes Late:** Occasionally arrives late to group meetings or sessions.
- Nicotine Craver:** Experiences cravings for nicotine that may disrupt focus or participation.
- Sometimes Oversensitive:** Is occasionally sensitive to feedback or comments from others.
- Dominant Talker:** Tends to dominate conversations and may not give others equal opportunity to speak.
- Negativity:** Occasionally expresses pessimism or focuses on challenges rather than solutions.
- Difficulty with Boundaries:** Struggles to respect personal boundaries or the boundaries of others.
- Lack of Participation:** Sometimes hesitates to contribute thoughts or ideas during group discussions.
- Phone Checker:** Prone to look at phone or read/send texts during group.
- Potentially Irritable or Angry:** Working on managing anger in group setting.

Closing Questions:

- 1. Vision Question: Looking ahead, what are some ideas or suggestions you have to make our group sessions more effective, supportive, and engaging?**

- 2. Collaboration Question: How can we enhance communication and collaboration within our group to create a more cohesive and supportive environment?**

- 3. Goal-setting Question: What are some shared goals or aspirations you believe we should strive for as a group to make this program the best it can be?**

